

D.A. Workshop “Meeting Calamity With Serenity”
April 26th 2020 12:30 pm-2:30pm PDT (3:30-5:30 EDT)
Sponsored by N.W. Debtor’s Anonymous

12:30-1:30 SECTION 1 Introduction, Speakers, PRG Info

Start Meeting

“**Welcome** to this special event “Meeting Calamity With Serenity” organized by the Serenity Committee of NW D.A. Intergroup.

Serenity Prayer“To open our meeting, let us have a moment of quiet meditation followed by the Serenity Prayer.:“God, grant me the Serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference. Thy will, not mine, be done.”

Purpose of this special event “Meeting Calamity With Serenity”

“Everyone during this time is facing unprecedented life changes. Many of us are experiencing devastating losses and face unthinkable life choices and circumstances. Some of us have suddenly lost our jobs, our health, our housing, even loved ones in this time of crisis. Some of us are having trouble accessing basic necessities like food, shelter and essential medical care, and are at a loss for how to provide for ourselves and our children.

Some of us feel forced to continue working under unsafe, even life-threatening circumstances for ourselves and our families. Out of financial necessity we may still be working in spite of these risks.

No matter how this pandemic has impacted you, you are welcome here. No longer do you have to be alone facing this in isolation or being engulfed with fear, insecurity, loss, panic, despair. Debtor’s Anonymous provides both a spiritual solution for us as well as a practical foundation for how to move forward not just living in survival mode, but in living with serenity and peace regardless of what is happening in the world around us. Together, we can do what we cannot do alone.”

7th Tradition Announcement

“If you are new to D.A. you are encouraged to visit the debtorsanonymous.org website where you will find a wealth of free resources including free literature, podcasts, a D.A. Magazine & newsletter listed under Publications.”

“Since DA has no dues or fees and is self supporting through our own donations, please give as generously as you can to the Northwest Debtors Anonymous Intergroup, who is hosting this workshop. The way to make contributions is via the [Square Cash app](#). See the chat section on this site for detailed instructions. Or you can send a check to NWDA IG, P.O. Box 30166, Seattle, WA 98113.”

“Thank you for your contribution to D.A. simply by the gift of your presence at this meeting. Thanks to those who contribute by giving service. If you are unable to contribute money right now, don’t worry, please keep coming back, because you are more important than your money.”

Explanation of format:

“First we will have some brief introductory readings, then 2 D.A. speakers will share for up to 10 minutes each regarding their experience, strength and hope relating to meeting calamity with serenity as a member of DA by using DA’s Steps, Tools, & Traditions.

Next, we will be presenting an overview of Pressure Relief Meetings. Following this overview, emergency PRG’s (Pressure Relief Meetings) will be held for those who need these. Other members are invited to read and share on Step 1 in DA’s 12, 12 and 12 by staying in this group space.

After the PRG’s have ended, everyone will be rejoined into this group space. There will then be a brief meditation followed by time to share the biggest learning/gratitude regarding either PRG’s, speakers, readings & sharing or on the topic of Moving From Calamity To Serenity. We will then read the Promises and Close. After this event has ended the phone line will be open for those who would like to engage in informal fellowship.”

Logistics

Here are a few words of guidance to ensure we have a meeting where everyone can be heard: If you are not speaking, please mute yourself. If you forget, One of our hosts might mute you.

D.A. Purpose

“In D.A. our purpose is threefold: To stop incurring unsecured debt, to share our experience with the newcomer, and to reach out to other debtors.” “The only requirement for DA membership is a desire to stop incurring unsecured debt. Underearners, compulsive paupers, & those currently without debt who have the desire to refrain from incurring any new unsecured debt are welcome in DA and have found recovery through the Steps, the Tools, and the DA Fellowship.”

D.A. Newcomers

“If you are new to DA we want to especially welcome you and let you know we value your presence. We suggest you attend a variety of DA meetings in the next couple of weeks to see what meetings may fit best for you.

D.A.12 Steps

The Twelve Steps of Debtors Anonymous

1. We admitted we were powerless over debt -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, & became willing to make amends to them all
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive debtors and to practice these principles in all our affairs.

Tools

The Tools of DA

1. Record Maintenance
2. Spending plan
3. Pressure Relief Relief Groups
4. Action Plan
5. Sponsorship
6. Anonymity
7. Telephone/Internet
8. Awareness
9. Meetings
10. DA and AA Literature
11. Service
12. Business Meetings

Introduction and Timing of Speakers

Now it is time for our first D.A. Speaker _____. Welcome!

Speaker notifies the timekeeper of how they want to be timed. Speaker acknowledges timekeeper reminders. Speaker shares for up to 10 min./

The Purpose of Recording DA Speaker

“The purpose of recording our DA Speakers is to create a podcast so more people can receive the message of hope offered by the D.A. Fellowship. DA members who are speakers share their personal experience, strength and hope during their shares. These podcasts can be accessed via the NW DA Intergroup Website at: <http://www.northwestda.org>.

Members who serve as speakers who are recorded agree to provide this as a free service on behalf of our DA Fellowship.

BEGIN AUDIO RECORDING (Up to 10 minutes each speaker)

“This is a recording by DA speaker (_____) from _____.

Thank you for your service. _____ please confirm that you are freely offering this service for the benefit of our Debtor’s Anonymous organization. *Pause* (Confirm)

Please proceed.”

END RECORDING

Explanation of PRGS

“We are now going to transition to the next part of our meeting which is about Pressure Relief Groups also known as “PRG’s.”

Pressure relief meetings are one of the tools of the D.A. Program that allow us the opportunity to turn calamity, stress, fear and paralysis into solutions and serenity by addressing our biggest pressures. Two DA PRG team members work together with the member who is in need of pressure relief.

PRG team members who provide PRG’s have not incurred any new unsecured debt in 90 or more days, are active members in our DA Community, and share their experience,

strength and hope that has come to them through working the 12 Steps in DA, They have received at least 2 PRG's themselves.

The PRG Team does not play God nor are they acting as financial consultants. Rather, PRG Teams stay open to a Power Greater than themselves to provide guidance and direction. Each member's understanding of this Power is unique to them. No one in the PRG is obliged to adhere to any particular belief system. PRG teams sometimes start and end meetings with the Serenity Prayer, reflection on Gratuities and Celebrations.

Usually, you schedule to receive your first PRG after at least two months of keeping daily track of your income and daily spending. The initial PRG is usually focused on creating your Spending Plan. A Spending Plan is different from a budget. The focus is on not only your basic needs for living but your own life priorities and what is most important to you. The Debtor's Anonymous website debtorsanonymous.org has a pamphlet available for a small fee entitled 'spending plan' that provides more information about creating your first Spending Plan.

Emergency PRGS

At this workshop, we are offering emergency PRGs. This is a way to help relieve pressure for either a newcomer or regular member who is facing an imminent crisis or a seemingly impossible situation. This may be the loss of a job or other reliable income & benefits, an inability to pay for rent or mortgage, foreclosure, health crisis, insufficient funds for food, homelessness, natural disasters, damaged, unlivable housing or any other urgent situation where you are unable to provide for your basic needs or those of your children & others in your care and where you are at risk of incurring unsecured debt.

Explanation of Breakout Rooms

If you are either giving or receiving emergency pressure relief meetings you will now be assisted to transition to a 3 person breakout session.

Group Space Meeting

If you aren't giving or receiving a PRG you may instead, in the group space, participate in reading and sharing on D.A.s Step 1 from the DA 12 x 12 x 12 book. People are also welcome to share on the theme of moving from calamity to serenity, the speaker shares or anything related to your D.A. recovery now.

Prep for PRG Breakouts:

Members who need PRG's will be called on to raise hands and be counted. Members who can give PRGS will be asked to raise hands and be counted. When available those members who have a special focus of either DA HOW or BDA will be matched with members who share this focus.

“Today we are conducting a trial to whenever available match persons that might have a background in either DA HOW or BDA (Business Owners Debtors Anonymous.) Our committee trusts HP’s will for this process. All PRG givers are members of DA regardless of any special focus. PRG’s are spiritually driven and a Higher Power is in DA the primary guiding direction for these Pressure Relief Meetings.

1)“If you are needing a PRG and are someone who feels like you would benefit from a structured, disciplined and focused approach such as exists in DA HOW please raise your hand.”

2)“Now raise your hand if you are a DA HOW Sponsor who works a structured daily program and if you are available to give a DA HOW format PRG. *(Note: If there aren’t two DA HOW members available, person will be paired with another available PRG giver.)*”

3) “Now, If you are self-employed and need a PRG please raise your hand.”

4) “Now if you belong to BDA Business Debtors Anonymous who can provide a PRG related to self-employment, please raise your hand” *(Note: If there aren’t two BDA members available, the person will be paired with another available PRG Giver.)*

1:30 pm-2:10 pm SECTION 2: (Breakout) PRGS (40 minutes total)

Breakout Room Coordinator Facilitates the breakout rooms.

(Two persons who can provide a PRG are paired with a person needing a PRG and the Tech Manager sends each three person team to a breakout room to begin their PRG.)

2:10pm

“This concludes your breakout session time for your PRGS. We will now transition from our PRG breakout sessions to reconvene and share experience of pressure relief you’d had.

1:30-2:10 pm SECTION 2:(Group Space) D.A. Readings and Sharing time. (40 minutes total) (Simultaneously taking place during PRG Breakout)

READINGS from DA 12/12/12 relating to “meeting calamity with serenity”

SHARING *“This is a time for persons who would like to participate in open sharing.*

D.A. Members who have found a spiritual solution to your problems of debting, spending and underearning & coping with this COVIDS 19 crisis by working the 12 Steps of D.A. and participating in the DA fellowship are invited to share your experience, strength and hope.

Newcomers, returning members, sponsors and those who are struggling are also welcome to

share where you are at in your D.A. recovery journey as well. We ask that there be no feedback, crosstalk, or advice-giving during the shares.

Sharing time is up to 3 minutes each. Our timekeeper will notify you when you have 1 minute remaining. (This is after you have shared for 2 minutes) Please acknowledge you have heard our timekeeper. The timekeeper will then let you know when 3 minutes have passed and call time. This ends your sharing.

2:10 *Reading and Sharing Time End*

2:10pm-2:30 pm **SECTION THREE:**

Meditation, Comments, Announcements, Closing

Meditation/Prayer/Reflection

“Welcome back to those of you that have just completed your PRGS! “We will now have a time for some silent reflection and prayer to reflect on what gifts and relief from pressures we may have received today either from our PRG, the speaker or other aspects of this time together today”

Comments on gratitude, relief/gratitude:

“ We will now have 7-10 minutes of time for anyone that would like to share your once strongest insight, gratitude or relief from pressure that you received today.”

Announcements:

- “To find out about **upcoming DA events**, you can sign up for **E-News**. Go to debtorsanonymous.org. Click on “Sign up for E-News”
- If you don’t see your name on the outreach list and want to add it you may do so by writing your contact info in the chat box. Please refrain from putting your last name! If you are calling in by phone please pause for a moment to make sure no one else is speaking and then share your first name, where you are from and your email and phone.
- After this meeting if you need a copy of the contact list you may send an email to:
Contact: meeting.calamity.with.serenity@gmail.com
- “Are there any other D.A. related announcements?”

Thanks

“Thanks for allowing me to serve as co- moderator,to Matt for co-moderating, our speaker____, and for all those who contributed service today. I would especially like to welcome our newcomers, returning members, thank tonight’s tech help, readers, our spiritual timekeeper, our speakers and those who served on PRG Teams.”

The Promises of Debtors Anonymous (revised August 2013)

In the program of Debtors Anonymous, we come together to share our journey in recovering from compulsive debting. There is hope. In working D.A.'s Twelve Steps, we develop new ways of living. When we work D.A.'s Twelve Steps and use D.A.'s Tools, we begin to receive these gifts of the program:

1. Where once we felt despair, we will experience a newfound hope. 2. Clarity will replace vagueness. Confidence and intuition will replace confusion and chaos. We will live engaged lives, make decisions that best meet our needs, and become the people we were meant to be.
 3. We will live within our means, yet our means will not define us.
 4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment, or debt
 5. We will realize that we are enough; we will value ourselves and our contributions.
 6. Isolation will give way to fellowship; faith will displace fear.
 7. We will recognize that there is enough; our resources will be generous and we will share them with others and with D.A.
 8. We will cease to compare ourselves to others; jealousy and envy will fade.
 9. Acceptance and gratitude will replace regret, self-pity and longing.
 10. We will no longer fear the truth; we will move from hiding in denial to living in reality.
 11. Honesty will guide our actions toward a rich life filled with meaning and purpose.
 12. We will recognize a Power greater than ourselves as the source of our abundance.
- We will ask for help and guidance and have faith that they will come. All this and more is possible. When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours.

CLOSING THE MEETING:

Anonymity Statement

“Before we go, a reminder about the D.A. Tool of Anonymity. We practice anonymity, which allows us freedom of expression by assuring what we say at meetings or to other D.A. members at any time will not be repeated.”

Serenity Prayer

“After a moment of quiet meditation to remember the debtor who still suffers both in and out of these rooms, would all who care to, press *6 to unmute yourselves and join me in saying the Serenity Prayer: “God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference. Thy will, not mine, be done.”

“This concludes our workshop. Thank you all for attending! There is time now for newcomers to ask questions and anyone who wants to stay for informal, unstructured time together.